

Let's Talk Confidence



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It can be really tough admitting your confidence is not shining brightly, that you've not been living at your potential. I know the feeling all too well.

When I was made redundant and was forced to take a good hard look at myself and my life, I realised how much time I had spent 'pretending' to be happy, secure in myself and confident. God forbid people should see me any other way! But the truth was, I was filled with insecurities, riddled with guilt for having pretended otherwise and stuck in a predictable circle of sameness.

That said, I took more risks than others around me, I had experienced what it was like to be fearless, leaving a job when dissatisfied and trusting another would appear (and it usually did), travelling on my own, always seeking work that I loved. And it was these glimpses of what I was like when I was decisive, passionate and courageous that helped me get out of the rut I had been stuck in.

Using The Past Positively

As you look to your past, where can you see the 'best you' showing up and showing out. She has definitely been weaving in her magic along your life journey, no doubt about it. And those moments, when identified, remind you of what is possible for you, where you could go and what you could achieve.

Even your recent past helps to highlight where you're heading... or not. Reflecting on the quiz where you looked at a 3-6 month period, you easily see if you have been doing anything to move you to the next level in any area of your life.

Let's Talk Confidence

You see, we can't complain about mediocrity in our lives if we aren't doing anything to change it. It requires *deliberate action*. Without it, we can pretty much predict what our lives will be like a month from now, a year even; the same (with the exception of external changes that might impact us).

Think about your loved ones. If I were to ask you what their lives are like right now with regards to health, wealth, work etc, and then asked you to predict what that might look like a year from now, could you? Based on all their beliefs and behaviours you have experienced from them and are aware of, you probably could.

Reflection Question: What glimpses of your past will you use to springboard you into the future you truly desire? Not the one everyone else thinks you should have, or the one you would settle for, I mean the one that fires you up and makes you want to dance around the room...

Look To The Future

So what do you want for the rest of your life? Have you given it any thought or have you 'accepted' it is what it is?

I used to use that saying a lot 'it is what it is'. It's a great way of not taking responsibility for what I could do to change things. And although I still use the phrase from time to time I am careful to only use it when referring to the things outside of my control.

Let's Talk Confidence

As I look to my future I see bountiful happiness, success, beautiful relationships and an unstoppable, unbreakable faith that life can only get better. Why? Because I believe it, I feel it and I live each day in a way that makes the future feel real now; abundantly. I also know that to keep that image front of mind and real I have to live my best me right now and that means being aware of what I say, what I do, how I communicate with others and how I live my life. If I live in a whirl of negativity, it's pretty impossible for me to see much less feel a brighter future. So every day I work on tapping into my higher self. That part of me that already knows anything I desire is mine.

As you look to your future what do you see? And based on what you see are you being your best you right now who can believe and feel that future as if it was already here? Do you feel worthy of it? And is it your inability to believe you deserve that which you desire that stops you from dreaming big? Or is there some other influence at play? An external factor that is dictating how you should see yourself and what you should expect?

Reflection Question: Based on how you currently see yourself, what do you see for your future? How real does that feel? Is it the future you want or the one you are going to settle for? If you keep on doing what you're currently doing, what will be the end result a year from now, five years from now?

Let's Talk Confidence

Honesty Is The Best Policy

One thing I have found when assessing my life and looking for the way forward is the need to be honest and not delusional. I have, time and time again, stated what my future looks like but not changed my behaviours and thinking to bring it to reality. Of course, I know that now (hindsight and all that good stuff). That was me 'hoping for' but doing nothing to make it happen. It just doesn't work that way. There is nothing wrong with having bug hairy audacious visions for your life, in fact I encourage it, but there is little point in having the vision if all you do is hope it will occur. That really is delusional! I had to start looking at what I was doing, how I spent my time, what work was working and what was not, who was good to be around and who was not; all of those things had an impact on what I did or did not do and I had to get really honest with myself around focus and productivity.

I often felt like I was so busy but busy and productive are not one and the same!

By using the facts you hold on your beliefs, behaviours and emotional state, you can *honestly* see how likely you are to attain any goal you set for yourself. Truth is, anyone can write down a big goal but not everyone can achieve it. Why?

- They aren't willing to do what it takes
- They are influenced by others whose intentions are to keep them small (be that to deliberately sabotage them or in their minds 'protect' them)
- They have habits that work against what they want
- They don't truly believe it is possible for them

And that's a handful of reasons; I am certain there are many more.

Let's Talk Confidence

So, whatever you want for your life *is* possible but you must be ready, willing and able to make daily changes that compound into noticeable differences in your behaviour and mindset, freeing you to do the impossible (translated as 'I'm Possible').

It's all about taking the time to notice the patterns you have fallen into. You might be someone who starts off on a project with great gusto, impressing those around you with your 'all in' attitude. Yet you fail to maintain that attitude and energy; it's a pattern.

Or you might be someone who has always been in roles where you've been told what to do, how to do it and when to do it. It has become your norm to take orders. So the minute you are left in charge to make decisions you freeze with fear and feel unable to deliver; it's a pattern.

Or you might set yourself a goal (think New Year's resolutions) and start off taking the necessary steps only for low motivation or low self-confidence to get in the way and breed inconsistent actions; it's a pattern.

When you can identify the patterns that serve you and the ones that hold you back, you can do something about them!

Reflection Question: How would you honestly describe your habits and mindset? What patterns are noticeable and how do they help or hinder you? How do you feel about these patterns? Who do they affect?

The Tipping Scales

I believe that a lot of the patterns we create come about from our lack of self-confidence/self-belief and show up to protect us from disappointment. For example, when I was preparing to run the London Marathon for my 50th birthday, I was excited and doubtful.

Let's Talk Confidence

Now, had I not done everything the training programme told me to do, the doubt would have outweighed the excitement and I probably would have either found an excuse not to do the marathon or sabotaged my efforts on the day and not finished. Fortunately, my desire was high as was my excitement allowing the scales to tip in my favour as I followed through on the advice the training programme provided. But had I let the doubt creep in and had I started focusing on all the times I set out to do something and then didn't, it's likely I wouldn't have gone through with it; the scales would have tipped the other way.

When you lack self-confidence in what you're doing, it appears easier to stop or not even start. The whole point is confidence is like a force that pushes you through to get the desired outcome. Think about it; as a baby, you learn to walk. You don't get up and walk first time (or rarely), it takes many efforts to happen and along the way you stumble, fall but you never stop attempting until you've gained the ability to walk.

As adults, we become more self-conscious and apply all kinds of pressures on ourselves to get things right first time and that doesn't help. And if we don't get things right we label ourselves and others 'failures'. It's no wonder people aren't prepared to stumble and fall forward. Confidence, to me, is all about learning. It is a skill that requires you to 'trust' things will get better providing you put the work in.

The painful thing about low self-confidence is that it stops you from being all that you can be, from having all that life offers you and achieving all that your magnificent self can achieve. Low self-confidence can:

Let's Talk Confidence

- Keep you in a job that doesn't meet your needs (unfulfilling but doable)
- Stop the wealth creation process (earning potential restricted)
- Keep you in a relationship that doesn't serve you well (loveless, abusive, toxic)
- Create poor lifestyle choices that affect your health & wellbeing (uncomfortable in the gym environment so avoid activities altogether, develop poor eating habits to self soothe disappointments)

To tip the scales in your favour, it is vital to:

- Be honest on where you are now and where you want to be
- Be an active participant in life rather than an inactive one
- Build your belief on what you've seen is possible for you rather than build doubt on what has not happened for you yet
- Live from a place of passion than a place of settling

Reflection Question: What is tipping your scale; Self-belief or doubt, delusion or honesty, action or inaction, passion or a willingness to settle?

A New Chapter

Here's the thing, everything can change in one moment by making a decision.

If you're sick and tired of being sick and tired, if you're fed up with settling, if you have even a slither of an inkling that you could be and want to do, be, have more in your life, then now is the time to decide to begin a new chapter.

You see, no one can bring you to start line. That would require dragging you kicking and screaming to a place you're not ready for, don't see the benefits of or just don't want to engage in. No, you've got to make the decision to turn the page and do something different.

Let's Talk Confidence

If I had not gone through my redundancy I may never had, had the impetus to make a decision that changed the course of my life; going into business. And the thing is, since making that decision I can honestly say I've achieved more in the last 13 years than I did in the first 38 years of my life; no comparison. I've done things I didn't even know were possible for me. I've met amazing people, travelled to countries I would never have thought to visit, won business awards, become a best-selling author and helped women change the direction of their lives. My cup runneth over; truly. And yours can too.

So, I'll ask you again; *what do **you** want for **your life**?* Because the answer to that question will decide what you do next.

And if you know that it's time to make changes, stick with me. I want to encourage you to live the life you deserve and desire and I want to bring other women like you together to journey together; it's a lot more fun as a community than going it on your own.

Action: Write down all the reasons why you want to increase your self-confidence and when the right time is to begin to get into action...

Did you write your list of reasons why you want to build your self-confidence? Are you ready to step out and step up? I believe you are...

On the back of my belief in you wanting to build your confidence, I want to give you a gift. It's a small gift and a stepping stone into what will be a much deeper meaningful journey of self-discovery and confidence building. But I know that if you commit to this and take the time to do it, you are ready for much more. You are ready to get into the driver's seat of life.

I am giving you access to Your Time To Shine confidence course. It's short (30 minutes), it's fun and it's informative. And whilst it provides baby steps for you to take in building your self-confidence, each of the steps is relevant. I know this because I have been through them myself.

Let's Talk Confidence

The simple act of taking this action will provide you with confirmation that you can do anything you set your mind to, you just have to start somewhere.

The course link is:

<http://yvonnebs-women-rocking-confidence-academy.thinkific.com/courses/your-time-to-shine>

Even though it is a short course, you don't have to do it all at once. If it suits you to focus on one step in the course per day, then make it so. The aim is to enjoy it and complete it.

You'll find my contact details on the course information so if you have any problems, any questions simply drop me a line and I'll be in touch.

And you can access my book here: ***'Suck It Up Or Change, If You Want A Better Life YOU Create It...'***

YvonneB

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Chief Confidence Officer

YvonneB was born and raised in London, UK, with a love for her Jamaican heritage and her British nationality. She now resides 8 miles outside of the beautiful city of Bath. She's a single mum with an adult son, a tight knit family and what she refers to as a small prized inner circle of ridiculously awesome friends.

She wears many hats in the world of business; bestselling author, international speaker, award winning educator, a qualified lifestyle & business coach, Rockstar Mentor, personal trainer and weight loss consultant.

Her charitable work includes being an e-mentor for Women's Worldwide Web, supporting their teams on the ground with her coaching & training skills, empowering women across the globe.

A true lover of life, YvonneB lives by 7 key principles; being fit & healthy, being fearless, creating freedom, enjoying family/friends & network, paying it forward, having fun and having fun. These are her way of life, not nice to say statements! When she's not working, she loves to travel, meet new people, write (she loves writing), and keep fit. She has a passion for working with women, helping them unlock their potential so that they can create the lifestyle they dream of and deserve.

YvonneB is high energy and laughs a lot; life is too short not to...